



January Events

Unity Vibrations Tasting
Saturday January 12th
Noon to 2:30

Unity Vibrations will serve up some of their delicious Ypsilanti made kombuchas!

Grand Traverse Sauce Tasting
Sunday, January 20th
11 am to 2 pm

Join us for samples and information about sauces made up in the Grand Traverse area of Michigan: a northern style hot sauce!

YFC Board Meeting
Tuesday January 22
6:30 pm

Board meetings are open to the public unless an executive session has been called.

YFC Talk and Tour
Thursday January 31st
5 pm @ the Co-op

Join us to find out all the ins and outs about co-ops and YFC; and receive a 10% coupon.

YFC Social



YPSI MIX

January

312 N. River Street, Ypsilanti, MI 48198

734.483.1520

Happy New Year 2019

Happy New Year to you and yours from all of us at YFC! We are excited for a new year full of new possibilities!

It's that time of year again to renew your YFC membership (unless you are a paid-in-full Gold Card Member with a 4% discount). Now is the perfect time to become a YFC member because our membership runs for the calendar year.

Membership for 2018 began in December and we finished the year with 945 active YFC members! Our October Co-op Month Membership Drive resulted in 32 new members joining and 11 member renewals. If you have not renewed for 2018 you will not receive your 2% discount and will not be eligible to vote in the General Election come May.

Since membership at YFC is optional and anyone can shop at YFC **why should you become a YFC member?** YFC membership is a mutually beneficial relationship for the entire community, each individual, and the health of YFC itself. This model of membership and ownership is derived from the first three international

cooperative principles: 1. "Voluntary and Open Membership", 2.

"Democratic Member Control", and 3. "Members' Economic Participation".

What are the other benefits of member-ownership at YFC? You are supporting

your local grocery store, local vendors, and putting your money back into the local economy. YFC increases food access to local, organic, and healthier food, while providing a more personal and justice oriented shopping experience. YFC also invests in the community: participating in local food summits, educational events, local farmers markets, and other community events. We do not exist just to make a profit, but instead we are here to connect with our community, support our local food system and local economy, and provide great food and service.

We hope that you will consider joining or renewing your membership in 2018 and we look forward to meeting new faces and new families throughout this year. Happy New Year to everyone and thank you for continuing to support YFC!

Grand Traverse Sauce Company

Ashley and Mark Baker are a husband and wife team that has lived and traveled around the world, eating cuisines from street food to Michelin Star restaurants on five continents, and call Traverse City

home.

Their company just started in the middle of 2018, and the Ypsi Food Coop has been carrying them just about that whole time.

They were motivated to start making sauce

because they believe that food has the power to change the world for the better!



Grand Traverse Sauces Continued

Loving to eat and travel, Ashley and Mark came across many hot sauces that were either too hot, lacked flavor or didn't pair well with meals. They decided to create something that could combine their love of food and travel and their desire to change the world.

Many of the ingredients the company uses are locally or regionally sourced. The honey comes from Beulah, and organic peppers from a local farm. The recyclable bottles are from a company in Chicago. All of these great Michigan sauces are made in their Traverse City facility.

Flavor is always at the forefront and heat is second when it comes to developing hot sauce recipes. It's really a joint effort between the company and their loyal customers, who enjoy giving input on what they use hot sauce on and how the flavor heightens their food experience. Their feedback is what helps create new flavors!

The most rewarding thing about owning Grand Traverse Sauce Company is the ability to make a

big impact on people's lives through all the charities that the company supports. They donate a portion of their proceeds to *Mission 22*, a charity that is focused on ending veteran suicide. They also work with *Pollinator Partnership*, a charity focused on conservation, education and research of our pollinators.

The most challenging thing when starting up a company is of course, financing it. The biggest challenge they have faced as a company is self financing, and as the company has grown, putting money in new areas to continue that growth. Keeping the same high quality product, keeping their hot sauce passion, and continuing to donate to charities are the things that motivate them to tackle the self financing challenge.

For the next year, the company has been planning to move to a bigger facility where they can up creativity and cost effectiveness in an effort to offer their high quality hot sauces at a lower cost to their customers. In the near

future, they are hosting hot sauce tastings and cooking classes.

Grand Traverse Sauces are currently available in Michigan, Illinois, Indiana, Florida, as well as online.



BUY ANY FRESH FRUITS & VEGGIES
with your Bridge Card and get FREE Double Up Food Bucks to spend on any fresh fruits & veggies.



 

BUY \$1  **GET \$1**
FRUITS & VEGGIES FREE FRUITS & VEGGIES



Earn & Use Double Up Food Bucks at the Ypsilanti Food Co-op!

Double Up Food Bucks

We are excited to announce that the Ypsilanti Food Co-op has been re-accepted again to participate in the Double Up Food Program for 2019!

Fair Food Network's Double Up Food Bucks program doubles the value of federal nutrition (SNAP or food stamps) benefits spent at participating markets and grocery stores, helping people bring home more healthy fruits and vegetables while supporting local business. See your cashier for more details!



Celebrate Citrus Season at the Co-op

To benefit from the goodness of citrus, simply incorporate them into your everyday meals:

squeeze a lemon or lime into your morning orange juice or tea; drizzle fresh lemon juice over cooked meats and vegetables; combine with other ingredients to make a zingy salad dressing; or mix with hot water and honey for a soothing beverage. We've even provided some fun recipes below to try!

Cardamom Citrus Fruit Salad *One of Elaina's favorites!*

Ingredients

1 large ruby pink grapefruit
3 navel oranges or a combination of navel oranges, blood oranges, mandarin oranges and/or tangerines
1/4 cup honey
2 Tbsp fresh lime or lemon juice
1/4 teaspoon ground cardamom



1 Peel the fruit. Cut away the membranes of the individual segments with a sharp knife. Collect the peeled segments in a bowl.

2 Drain off any excess juice from the fruit into a small saucepan. Add the lime juice, honey, and cardamom to the saucepan. Bring to a boil and reduce heat to low. Simmer for 10 minutes

Tangerine (Clementine) Cheesecake *From Anna's repertoire of delicious cheesecakes!*

Crust:

1 ¼ C butter cookie crumbs
¼ C unsalted butter, melted

Filling:

3 packages cream cheese, softened
1 C sour cream
½ cup Yogurt
Natural Orange Essence
1 ½ C Packed Brown Sugar
4 Eggs
¾ C chopped Tangerine segments
1 tsp Freshly Grated Nutmeg
1 tsp Vanilla Extract

Decorations:

3 Tangerines, sliced
Whip Cream

Crust: in a bowl, combine cookie crumbs and butter. Press into bottom of cheesecake and freeze.

Filling: in a mixer bowl, beat cream cheese, sour cream, orange essence, yogurt, and brown sugar on medium high speed for 3 minutes. Add eggs, one at a time, beating after each addition. Fold in tangerine segments, nutmeg and vanilla by hand. Pour over frozen crust, smoothing out to sides of pan. Bake in preheated oven until top is light brown and center has slight jiggle to it. 45-55 minutes. Let cool in pan on wire rack, for 2 hours. Cover in plastic wrap and refrigerate for at least 6 hours before decorating or serving.

Topping: Top with whipped cream and sliced tangerines!



Michigan Shrimp

Russ Allen sustainably raises white shrimp at ECA (Environmentally Conscious Aquaculture) Farms in Okemos, Michigan.

A veteran shrimp farmer, Russ's shrimp are tank-hatched, given no growth hormones or antibiotics, and grow in salt water in a bio-secure system.

The Shrimp feed is fish meal free, however it is not organic or GMO-Free. Aquaculture is such a small market it is difficult to get organic and GMO-free feed. However, this is the healthiest, most sustainably raised shrimp and it is locally available!

"Raised in indoor heated tanks, the farm is kept at 80 degrees," says Russ. "All of the operations waste is recycled through a bio-filtrated system, so there is no effluence into the environment."

The shrimp is available frozen, with shell on and head off. They come in approximately one pint biodegradable containers. Enjoy shrimp cocktail knowing your appetizer comes from a farmer who prides himself in having an environmentally conscious aquaculture environment.



Grapefruit Shrimp Salad ~Corinne's suggestion from a dish she had in Mexico!

Simply mix together:

Romaine Lettuce

½ Red onion, sliced

1 Red grapefruit, sliced

1 Avocado, sliced

Shrimp, as many as you like!

And Dress simply with Sea Salt, Lime Juice, cayenne pepper and Flax or Olive Oil to taste



Pan-Seared Citrus Shrimp Recipe Sam found this to share with you!

Ingredients:

1 tablespoon olive oil

1 cup fresh orange juice about 2 oranges

1/2 cup fresh lemon juice about 3 lemons

5 garlic cloves minced or pressed

1 tablespoon finely chopped red onion or shallot

1 tablespoon chopped fresh parsley

Pinch of red pepper flakes

Freshly ground black pepper and kosher salt

3 pounds medium shrimp peeled and deveined

1 medium orange cut into wedges or slices

1 medium lemon cut into wedges

1. In a medium bowl, whisk together the olive oil, orange juice, lemon juice, garlic, onion, 2 teaspoons of the parsley, and pinch of red pepper flakes.
2. Pour the mixture into a large skillet set over medium heat. Bring to a simmer and cook until reduced by half, about 5 to 8 minutes.
3. Add the shrimp, season with kosher salt and freshly ground black pepper, cover, and cook until they turn pink, about 5 minutes.

General Manager and editor:

Corinne Sikorski

Corinne@ypsifoodcoop.org

Editor support:

Sam Huekle

samantha@ypsifoodcoop.org

Special Thanks to:

Our Board and all the staff, volunteers and members!